



REGULATION “TRAIL DELLA COSTA SMERALDA 2022”

ULTRATRAIL 45,5K 1800 D+ | TRAIL 25K 1000 D+ | CLIMBING RUN 8,5 K 400 D+

1. ORGANIZATION

La Sardinia Smeralda Trail ASD registered office in Olbia(SS), Corso Umberto I° No.148 in collaboration with “Ente di Promozione Sportiva UISP, jointly with Association “LI MONTIMULESI” Onlus, organizes the event called “Trail della Costa Smeralda” that will take place May 8th 2022 in Arzachena(SS) starting in Abbiadori and ends in Porto Cervo.

2. DEFINITION OF THE EVENTS

“Trail della Costa Smeralda” is an event in which includes three competitive races, in the open country through paths, rocks, cliffs, beaches and single tracks that cross the entire municipal territory of Arzachena along the coast and hills typical of “Emerald Coast” with departure from Abbiadori and arrival in Porto Cervo. Each event takes place in one single stage, at an undefined pace within a time limit.

- **TCS ULTRATRAIL:** around 45.5 km and about 1 800 metres elevation gain, starts at 08:00, in semi-autonomy and in 09 hrs 00 mins max
- **TCS TRAIL:** around 25 km and about 1000 metres elevation gain, starts at 09:30, in semi-autonomy and in 04 hrs 30 mins.
- **TCS CLIMBING RUN:** around 8.5 km and about 400 metres elevation gain, starts at 10:30, in semi-autonomy and in 02 hrs 30 mins.

3. PARTICIPATION

At the time of registration, all participants must:

- Be at least 18 years old,
- Be licensed UISP or FIDAL in Italy,
- Supply a specific medical certificate for sports of competitive athletics or trail running expiring not earlier than May 9th 2022.

For those who are not members of a UISP or FIDAL affiliated association, it is possible to issue a UISP card at a price of Euro 7.00 by paying at the time of registration and by submitting a subsequent application for admission upon contact via the email address tesseramentosst@gmail.com.

Registration will not be accepted by athletes who are serving disqualifications for doping of any discipline.

Registration will open on December 1st 2021 and will close on reaching the maximum total number of 350 participating athletes or on April 24th 2022.

4. COVID-19 HEALTH ALERT

Due to the health situation we are currently living, the organization will apply all rules according to the recommendations of the government and Sport's Federation.



5. PARTICIPATION'S REQUIREMENTS

This race includes passages on stony ground and cliffs, travel conditions can be difficult due to the characteristics of the terrain as well as the weather conditions. There are no mountaineering difficulties. A careful training and a real capacity for personal autonomy are essential for the success of this individual test. There are no specific limitations for registering for the races, but in the case of the Ultra Trail 45.5 Km it is strongly recommended to have already participated in other Ultra Trails, in the case of the 25 Km Trail it is strongly recommended to have already participated in other longer Trails longer 20 km before this race.

6. CONDITIONS OF REGISTRATION

Registrations will be made with the collaboration of the web platform <https://www.avaibooksports.com> at the following link: <https://avaibooksports.com/inscripcion/trail-della-costasmeralda-ultra-trail-trailrun/>. In order to successfully complete the registration it is necessary to upload in electronically recognized formats (image, pdf, etc.):

- Valid competitive sports medical certificate (athletics / trail running);
- Digital copy or take charge of the payment if you have decided to pay by bank transfer¹;
- Waiver of responsibility duly filled and signed.²

The medical certificate must be produced upon registration on the website and will be validated by the agency in charge of registration and timekeeping. If the trail runner does not provide the required sports medical certificate, he cannot participate in the competition. No certificates or registrations will be accepted upon departure.

7. REGISTRATION PROCEDURE

Registration are made exclusively via the Internet by filling in the appropriate form entirety, no later than April 24th 2022. Payment is made at the same time as registration through an online service by credit card or other means accepted by the system. Once the payment has been made and confirmed by the provider, complete with the release and the medical certificate, the registration will be recorded as occurred in the organization's database.

standard registration fee:

- **TCS ULTRATRAIL:** € 45.00 until February 28th 2022; € 55.00 from March 1st 2022 to registration's deadline;
- **TCS TRAIL:** € 30.00 until February 28th 2022; € 40.00 from March 1st 2022 to registration's deadline;
- **TCS CLIMBING RUN:** € 16.00 until February 15th 2022; € 21.00 from March 1st 2022 to registration's deadline;

The registration fee includes all the services described in this regulation, the race pack (one even in case of registration for two competitions), the buffet on arrival, assistance and supplies during the race.

Part of the registration fee (€ 2.00) will be donated to charity to the "MABASTA" against bullying.

It does not include board and lodging for the days at the turn of the event, however offered at special price with the structures in the neighbors.

¹ If foreseen by registration provider;

² If foreseen by registration provider, otherwise disclosure must be sent to sardiniasmeraldatrail@gmail.com



8.CANCELLATION OF A REGISTRATION

A participant wishing to cancel their registration because injured before the start of the race will be entitled to a refund of 50% of the registration fee by providing adequate medical documentation.

9.ACCEPTING THE RULES AND ETHICS OF THE RACE

Participating in the "Trail della Costa Smeralda" events implies full and unreserved acceptance of the regulations presented hereinafter, the ethics of the event and any instructions addressed by the organiser to the participants via email or via social network.

By registering, the participant exempts the organizers from any liability, both civil and criminal, for damage to people and/or things caused by him or derived from him.

10.SEMI AUTONOMY. Participation in the campaign "I don't throw my waste"

The principle is that of a race in semi-autonomy. The TCS events take place in one single stage, at an undefined pace, within the the cut-off times which are different for each event. Semi-autonomy is defined as having the capacity to be autonomous between two aid stations, as much on the food front as that of clothing and security, being able to adapt to unexpected or foreseeable problems (bad weather, physical problems, injury...)

This implies, in particular, the following rules:

1. Runners must have with them the totality of their obligatory gear (see paragraph MANDATORY EQUIPMENT) for the whole race. They have to carry their equipment in a pack, at any moment of the race, the race stewards can verify it. The runner is obliged to submit to these checks with cordiality, at the risk of exclusion from the race.
2. Aid stations supply drinks and food to be consumed on site. Runners should make sure they have, when leaving each aid station, the quantity of drink and food which is necessary to keep them going until the following aid station. Plastic cups will not be available at any refreshment point. Athletes for drinking must have a personal container suitable for use.
3. No assistance is allowed, at any point along the race route,



The event joins the "I don't throw my waste" campaign.

11.MANDATORY EQUIPMENT

In order to ensure their security and the smooth running of the each event, each participant must carry with them all the items listed in the mandatory equipment checklist. During the race and immediately after crossing the finish line, sample checks may be performed by the organization.

the area immediately following the finish line will be cordoned off and called the "recinto", as long as the athlete has not left this area and may be subject to equipment checks.

Mandatory equipment for all races:

- Race bib placed in the frontal part of the runner's body and in a visible place
- Trail Running shoes tipe A5;
- Proper clothing for the current weather



- Running pack to transport mandatory gear throughout the race;
- Mobile phone with the organization's emergency number stored, (do not mask the number and do not forget to leave with the battery charged! In relation to the model and age of the phone, consider the opportunity to carry the spare battery with you);
- Survival blanket;
- Whistle;
- Minimum water supply: 1 litre (60 minutes);
- Food reserve (Q.ty suitable to face the race);
- Self adhering elastic bandage for bandaging or strapping (minimum 80 cm X 5 cm);
- Raincoat made with a waterproof and breathable membrane (mandatory in case of bad weather).

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race.

12.RACE BIBS

Race-bibs are handed over to each runner upon presentation of a valid photo ID.

The race-bib must be worn on the chest or stomach and must remain permanently and completely visible throughout the totality of the race. It must always be placed on top of all clothing and can in no case be positioned on a leg or pack..

Before the start each runner must pass through the entrance gates to the closed starting area to be registered by reading the chip. Upon passing a checkpoint and on arrival the runner must ensure that he has been duly registered. The punching is indispensable since the comparison between two successive checks allows to ascertain that there are no missing competitors.

The athlete must facilitate the chip reading operations at the start of the race, at the passage of the intermediates and after the finish; must not leave the areas designated for this purpose, except when it is certain that the operation is completed.

In the event of failure to register the passage and the consequent start of the runner's research, any expenses incurred will be charged to the runner himself.

The bib is the pass needed to access the shuttles, buses, showers,

13.CHECK POINTS, AID STATION AND REFRESHMENTS.

Competitors are surveyed at checkpoints or at refreshment points. Only runners with a visible bib number have access to the refreshment points. The Road Book will identify the precise list of refueling points in order to be able to fill the Camel Bag or the bottle.

Runners are checked upon arrival at an aid station and at certain security points. **Unexpected check points are set-up along the route.** Their location is not divulged by the organization.

The organization ensures the presence of solid and liquid refreshments along the race-route. Aid stations supply drinks and food for consuming in situ. The organization supplies still water and energizing drink for filling water bottles/hydration packs and personal beakers are obligatory. The runner must take care, when leaving the aid station, that they have the necessary quantity of food and drink to last them to the next aid station



14.TIME LIMIT AND CUT-OFF TIMES

The time limit for the event, for the totality of the route is:

- TCS ULTRATRAIL 45.5K: 09 hrs 00 mins
- TCS TRAIL 25K: 04 hrs 30 mins
- TCS CLIMBING RUN 8,5K: 02 hrs 30 mins

Due to the distribution of the route, there are two time gates for the ULTRATRAIL located about 15 and 36 km from the start to be reached respectively within and no later than 3 hours the first and 6 hours and 45 minutes the second, beyond this limit athletes will be blocked by the organization.

These cut-off times are calculated to allow participants to reach the finish within the time limit. **In order to be authorised to continue with an event, competitors must leave the check point before the time limit set** (whatever their time of arrival at the check point).

Moreover, the athlete who realizes that he cannot complete the race within the set times is asked to stop it, otherwise he assumes all responsibility for the consequences that could derive from his behavior.

In case of bad weather conditions and/or for safety reasons, the organization reserves the right to suspend the race in progress, delay the departure or change the route.

N.B. The final refreshments will be communicated in principle one month after the event and in any case could be varied due to contingent needs.

N.B. The "Scopa", which is a full member of the race direction, has the full right to stop an athlete at any time.

15.SECURITY AND MEDICAL ASSISTANCE

At each checkpoint, an emergency call station is established. These places are connected by radio or telephone with the race direction. Ambulances will be present on the territory with health personnel, the staff of the National Alpine and Speleological Rescue Center and volunteers for the Civil Protection service.

Rescue posts are intended to provide assistance to all people in danger with the organization's own means or through affiliated bodies. Official doctors are authorized to suspend competitors deemed unsuitable to continue the race.

Rescuers are empowered to evacuate runners judged to be in danger with all their means. In case of need, for reasons that are in the interest of the rescued person, only and exclusively in the judgment of the organization, an appeal will be made to the state rescue service, which will take over in the direction of operations and will put in place all the appropriate means, including the helicopter. Any costs arising from the use of these exceptional vehicles will be borne by the rescued person according to current regulations. A runner who contacts a doctor or search and rescue personnel submits themselves to their authority and agrees to accept their decisions.

It is up to a runner in trouble or seriously hurt to call for the help :

- By going to a medical station
- By calling the race HQ
- By asking another runner to alert the security service

Every runner must give assistance to any person in danger and alert the security services.

Runners who leave the marked track are no longer under the responsibility of the Race Organization.



16.ABANDONMENT AND REPATRIATION

Except in the case of injury, a runner must not abandon other than at a check point. They must inform the person responsible for the post, or inform the race HQ. and the Organization will take care of its return to the departure/arrival area.

If a runner wishes to abandon while on the route between 2 checkpoints, they must reach the nearest checkpoint where they will report their abandonment.

The runner must keep his race bib because it is the pass to access shuttles, buses, meals, showers....

17.PENALTIES - DISQUALIFICATION

Race directors along the race-route, and the aid station/security post team leaders ensure that the regulations are respected and can instantly apply a penalty in the event of non-compliance, in accordance with the following chart :

All competitors not found in possession, at the time of checking the route, even a single element of their mandatory material will be immediately disqualified, without any possibility of appeal on this penalty. Irregularities ascertained also by means of video images received by the organization after the race, may cause disqualifications.

The jury of the race can pronounce the disqualification of a competitor, in case of serious lack of regulation, in particular for:

- Lack of visible race-bib or wearing of a non-conforming race-bib;
- Absence of passage through a control point and/or short-cutting the route;
- Absence of obligatory equipment;
- Use of a means of transport;
- Doping or refusal of anti-doping control;
- Not assisting a person in difficulty (in need of care);
- Discarding of rubbish (voluntary act) by the Athlete;
- Being accompanied along the route;
- Pollution or degradation of the place;
- Lack of respect for others (organization or runners);
- Refusal to comply with an order from the race directors, race stewards, chief of posts, doctors or research and rescue personnel.

18.COMPLAINTS

Only written complaints are accepted in the 30 minutes following the posting of the provisional results, upon payment of a € 50,00 deposit.

19.CHANGES TO THE ROUTE OR SUSPENSION OF THE RACE.



The organization reserves the right to change the route or location of the rescue and refreshment posts at any time, without notice.

In case of unfavorable weather conditions (severe depression with important quantities of rain and hail, strong risk of thunderstorms ...) the departure can be postponed; up to a certain time limit, established by the Head of the organization, the race is canceled. In case of cancellation, the event will be postponed to another date.

Refunds are not foreseen except in the cases and in the manner referred to in Article 8 above.

20.INSURANCE

The organization takes out civil liability insurance for the entire period of the test. Participation takes place under the full responsibility of the competitors, who renounce any recourse against the organizers in case of damage and further consequences that arise following the race. When registering online, the rules are tacitly accepted.

21.CHAMPIONSHIPS.

All the competitions of the event, both Ultratrail and Trail, are part of the UISP Regional Trail Championship and are valid for the selection of athletes for participation in the Championships by UISP Region; these opportunities are reserved only for participating athletes in possession of a UISP card.

Note: The competitive races TCS Ultratrail 45,5km and TCS Trail 25km adhere to the ITRA 2022 calendar and assign points to the registered athletes.

22.RANKING AND AWARDS

- For the TCS Ultra Trail 48 km prizes will be awarded to the first 8 men and the first 8 women. Only competitors who reach the finish line and who register on arrival within the maximum time stated by the organization will be included in the ranking. No cash prizes will be distributed. A general classification of men and women will be drawn up.
- For the TCS Trail 25 Km prizes will be awarded to the first 3 classified in the following male and female categories:

MAN	WOMAN
M1 2002-1986	F1 2002-1986
M2 1985 – 1976	F2 1985 - 1976
M3 1975 – 1966	F3 1975 – 1966
M4 1965 – 1956	F4 1965 – 1956
M5 1955 and before	F5 1955 and before

- For the TCS CLIMBING RUN 8.5 km prizes will be awarded to the first 5 men and the first 5 women. Only competitors who reach the finish line and who register on arrival within the maximum time stated by the organization will be included in the ranking. No cash prizes will be distributed. A general classification of men and women will be drawn up.

23.IMAGE RIGHTS.

Each competitor expressly renounces to use the rights to the image during the test as well as renounces any appeal against the Organization and its authorized partners, for the use made of its image.



The original version of this document is in italian. In the event of inconsistency or discrepancy between the italian version and any of the other linguistic versions of this regulations, the italian version shall prevail.



**Waiver of responsibility "TRAIL DELLA COST SMERALDA" RACES &
"MONTE MORO ADVENTURE" NORDIC WALKING AND TREKKING
MAY, 08th 2022**

The Undersigned (Family name) _____ (First name) _____

Birthplace _____ birthdate (dd/mm/yyyy) _____ Address _____

_____ City _____ Country _____ ZIP Code _____

Mobile ph. _____ email _____

acknowledge that my participation in the Trail run, Nordic Walk and Walk involves a risk of injury, including bodily injury, and assume the risk for same. On my own behalf and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, declares:

To participate to: (tick relevant box)

TRAIL DELLA COSTA SMERALDA, ULTRATRAIL, TRAIL or CLIMBING RUN (1)	MONTE MORO ADVENTURE - NORDIC WALKING, FIT WALKING or FREE RUN (2) RECREATIONAL WALKING (3)
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- To accept TCS 2022 Regulations;
- Be 18 Years old at 08th May 2022 [*excluding (2), (3)*];
- Be in possession of specific medical certificate for sports of competitive athletics or trail running expiring not earlier than May 09th 2020 [*excluding (2), (3)*];
- Be in possession of specific medical certificate for non-competitive sports expiring not earlier than May 09th 2020 [*excluding (1), (3)*];
- I hereby release and discharge Sardinia Smeralda Trail ASD and their respective directors, officers, employees, affiliates, members, agents and representatives, of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the run and walk.
- to be in possession of the mandatory material required by the regulation, to carry it for the duration of the race and to show it to the control staff if required;

For participants under 18 years [**only for (2) and (3)**], this waiver of responsibility form must be signed and filled by Parents, who undertakes to escort the minor along the previous route registration and relative payment for both.

Registration to the UltraTrail, Trail and Climbing Run competitive races is not allowed under the age of 18.

Place and date _____

Signature _____

Authorization to personal data treatment having taken note of the information referred to in art. 4, 7, 13 and 14 of the GDPR - EU Regulation 2016/679: the Participant authorizes the processing and communication to the organizing associations of their personal data, for the purposes related to the realization of the sporting event and for the possible publication of the results of the race. The Participant expresses consent to the treatments specified in the information, authorizing the sending of informative material relating to subsequent events or various initiatives proposed by the organizers and authorizing any photographic and cinematographic shots for the production of videos, notice boards, publication in printed paper and web (including download).

Place and date _____

Signature _____

Disclosure pursuant to articles 13 and 14 of the GDPR - EU Regulation 2016/679. The personal data of those registered for the running event are treated in accordance with the EU GDPR 2016/679. Personal data are collected at the time of registration, kept for a maximum of ten years and are provided directly by the interested parties. Failure to provide personal data makes it impossible to accept the registration itself. The data are processed in paper and electronic form by the Organizer, for all the obligations related to the organization of the event in order to provide users with information on the participants and the results of the race. The same data can be communicated to employees, collaborators, companies and / or companies engaged in organizing the event and to Organizer consultants for the aforementioned purposes. In relation to any sensitive data contained



therein, members are called to expressly express their consent for the processing of said sensitive data. Communication, diffusion and transmission of sensitive data is not envisaged.

