

ORGANIZATION

The race Ultra Trail "Toscana Crossing" is organized by Team TUSCANY CROSSING which includes the heads of the company ASD Sienarunners (Roberto Amaddii) and ASD Parks Trail (Aurelio Michelangeli), with the support of the municipalities of Castiglione d'Orcia, Montalcino, Pienza, San Quirico D'Orcia, in the province of Siena and the Tuscany region, in compliance with the regulations of the Italian authorities Athletics and trail running

GENERAL INFORMATION

The race starts on 27th April 2019 and it develops on white roads and paths of the Orcia Valley Natural, Cultural and Artistic Park, a UNESCO World Heritage site.

COURSES

There are three different competitive races with different courses and lengths:

- 103 km – individual
- 54 km - individual
- 54 km / 3 - Express Team (22/18/14 km)

100 km - individual

Length: 103 km (64 miles); height gain D+3200 Start at 5:30 a.m. from Castiglione D'Orcia. Arrival in Castiglione D'Orcia.

Maximum time limit: 24 hours.

54 km. – individual

length : 54 km , height gain D+ 1750 m

Start at 5:15 a.m. from Castiglione d'Orcia.

Arrival :Castiglione d'Orcia

54 km /3 – “Express Team” Relay

Fractions 22 km / 18 km /

REGULATIONS FOR THE RACE

1. The bib is to be pinned in the front and must be visible at all times.
2. The runners will be given a GPS Tracker that must be worn throughout the whole race. The GPS Tracker is individual and must be handed back to the organization at the end of the race. If the GPS Tracker is not handed back or missing, an overcharge of € 50 will be applied.
3. In case of bad weather conditions, the Organization is entitled to suspend the race or modify both the time barriers and the course
4. Throughout the race there will be checkpoints to control the passage of the runners. At the checkpoints there will also be a control of the compulsory materials to be carried by each runner. These posts are in radio or telephone liaison with Race Control.
5. The course will be marked with arrows and tape and, for better night vision, with fluorescent or reflective materials which will be easily visible with a head torch, which is part of the compulsory equipment.
6. First aid posts are positioned at strategic points throughout the course and there will be medical staff on jeeps to grant prompt assistance.
7. The runners will have to comply with the rules of the road.
8. The first-aiders and official doctors are authorised to declare any competitor unfit to continue the race by invalidating the race bib, as well as to evacuate runners whom they judge to be in danger, by all the means at their disposal. Injections of anti-inflammatory drugs are not allowed during the race. The medical staff is authorized to take to the nearest check-point and, if necessary, to hospitalize any runner whose state of health should require it.
9. In case of abandonment before a control point, the runner must communicate it to the race control, who will invalidate the competitor's bib. If, during this return, the runner meets the end of race sweepers, the latter will invalidate the race bib. The runner will then no longer be under the organization's control.
10. The competitor is responsible for his actions and releases the organizers from any liability for damage to persons, animals or property, before, during and after the event.
11. To participate, it is essential to be totally aware of the length and the specificity of the event and to be perfectly prepared for it.
12. It is also essential to have acquired, prior to the race, a real capacity for self-sufficiency which permits the management of problems induced by this type of race, such as darkness, wind, cold, fog, rain, mud or others.
13. The runner releases the organizers from any liability for medical problems that may happen before, during and after the race, caused by one's pre-existing medical condition.
14. Should it be necessary to alert emergency rescue including helicopter rescue or any help team outside that of the organization, the costs thereof will have to be borne by the competitor.
15. The organization cannot in any way be held responsible for accidents, falls or illness taking place during the run. The organization takes out a civil liability insurance for the duration of the event. The organizers recommend each participant to take out personal insurance coverage for injuries connected to their participation in the event. Rescue and evacuation costs with means other from those supplied by the organization should also be covered by personal insurance. Helicopter rescue is a payment service in Italy.

STATEMENT OF RESPONSIBILITY

The voluntary subscription and subsequent participation in the race indicate full acceptance of the present rules and regulations and any subsequent change thereof. Upon registration, the participant releases the organizers from any liability, both civil and penal, as well as for damages caused to persons and/or property.

ELECTRONIC TIMING

You will receive your GPS tracker at the registration together with the bib. Please, check the number on the chip corresponds to your bib number

You will receive detailed instructions with your chip which you must follow for its correct use.

The Relay runners will have their GPS Tracker to be passed to the next runner in the

Team as a relay baton.

No Tracker, no timing: all the runners who will not have their Tracker throughout the race will not be included in the rankings.

Your chip is strictly personal and cannot be exchanged.

The GPS Tracker has to be handed back upon arrival. Those who do not do so will be charged with a € 50 fee. Also the runners who do not take part in the race or abandon before the finish line will have to give their GPS tracker back.

EQUIPMENT REQUIRED (random checks will be performed)

- 1 litre water supply: camel back or double water bottle and/or drinking cup/tumbler (cups or tumblers will not be provided at refreshment or water points)
- Energy Bars or similar food supplies.
- Wind Jacket;
- Cellular Phone Load;
- Survival blanket;
- Whistle
- Headlamp

The organization strongly recommends the use of the following:

- Sunscreen;
- Trail running shoes;
- Cap or bandana

RELAY "EXPRESS TEAM":

The “Express Team” is made up of 3 runners, each completing as follows:

1st leg from Castiglione D'Orcia to San Quirico d'Orcia; (22 km)

2nd leg from San Quirico d'Orcia to the outskirts of Le Case ; (18 km)

3rd leg from Le Case to the finish line in Castiglione d'Orcia; (14 km)

Each relay runner must follow the course as specified and must complete the whole length of the leg previously chosen.

Random checks will be performed and irregularities in the course or in the obligatory equipment will be punished with the disqualification of the whole team.

No means of transports will be provided to take the runners at the start of each leg. The Team will have to organize their own logistics.

EQUIPMENT REQUIRED FOR THE RELAY RACE

- ½ litre water supply: camel back or double water bottle and/or cup/tumbler (cups or tumblers will not be provided at refreshment or water points)
- Energy Bars or similar food supplies.
- Wind Jacket;
- Survival blanket;
- Charged mobile phone;
- Whistle;
- Headlamp for the first leg

The organization strongly recommends the use of the following:

- Trail running shoes;
- Sunscreen;
- Cap or bandana.

MAXIMUM AUTHORISED TIME AND TIME BARRIERS

The maximum time is fixed at 24 hours for the 103 km.

There will be time barriers calculated to enable participants to reach the finish within the maximum time, even considering stops for meals or rest. To be authorized to continue the event, runners must set off again from the control post before the fixed time limit, whatever their arrival time at the control post.

The time barriers are as follows:

25th km – time barrier: 5 hours

50th km – 10 hours

75th km – 15 hours

Le Case Castiglione D'Orcia (repr. 72.5 km) gate Closing 19:45
 Vivo d'Orcia (85 km Refreshments) gate closing 22:30
 Campiglia d'Orcia (90 km Refreshment) gate closing 23.45

In the case of poor meteorological conditions and/or for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.

REGISTRATION

Pre-requisites

Athletes must be over 18 years old and in possession of a medical certificate valid at least until April 27th, 2019 (the latter applies to Italian athletes). International athletes must fill the health form (click here to download the health form).

Applications from athletes suspended for having used performance-enhancing drugs will not be accepted. No qualifying race is required in order to register, but it is strongly advisable to have already participated in some other long trail. How to register

Registration Opens on July 15, 2018 and closes on 21st April 2019 .

On line fill out the form on the site

Or by downloading the form to send all the documentation : Application form , health form and copy of payment via Email to: iscrizioni@tuscanycrossing.com

for information to send : info@tuscanycrossing.com

Price

RACE	Until 30/11/2018	Until 28/02/2019	Until 14/04/2019
103 km	€ 70,00	€ 85,00	€ 95,00
54 km	€ 55,00	€ 65,00	€ 80,00
Relay Express Team	€ 75,00	€ 90,00	€ 120,00

10% discount for group registrations cumulative over 10 athletes (at least 8 members to ULTRA)

RACE CANCELLATION

Should the race be cancelled, the registration fee will be valid for the 2020 edition;

RACE PACK COLLECTION

The bib and race pack can be collected at the Pro Loco office in Castiglione D'Orcia from 1:00 pm to 9:00 pm on Friday, April 26th.

SAFETY AND CHECKPOINTS

First aid posts are positioned at different points throughout the course as well as the start and finish. These posts are in radio or telephone liaison with Race Control. A medical control team is present during the entire duration of the events.

Unexpected control posts are set up in places other than at rescue and refreshment posts. Their position is not communicated by the organization. Possession of obligatory equipment will also be checked. Runners refusing to submit themselves to these checks will be immediately disqualified.

The race takes place in natural protected natural reservoirs. No litter is to be left on the track. Picking up flowers or disturbing the wildlife is also prohibited. Anyone who should be found doing so will be disqualified from the race and will incur the penalty fines as set out by the local council regulations. To

reduce waste, refreshment points will not provide disposable tumblers. Each competitor must bring a tumbler or bottle to be filled at the refreshments points. The event is part of the “Trail Spirit” campaign called "I do not litter my land".

WEATHER CONDITIONS

In the case of poor meteorological conditions and/or for reasons of safety, the organization reserves the right to stop the event underway or to modify both the time barriers and the course. Any change will be communicated to participants and reported by the organization staff. The organization will also suspend or cancel the race if the weather conditions may jeopardize the safety of participants, volunteers or helpers.

REFRESHMENT POINTS

The race will be carried out in semi-autonomy, which is defined as having the capacity to be autonomous between two refreshment posts; for the 100 km race, runners must carry a 1-litre water supply.

8 refreshments points are provided on the course as follows:

16th km - food and drinks

22th km - food and drinks

40th km - food and drinks

50th km - food and drink

63th km – food and drink

72th km - food and drinks

85th km - food and drinks

92nd km - food and drinks

Water point : 35th km / 66th km / 80th km

Food and drinks must be consumed on site: camel backs or water bottles can be filled only with still water. On leaving each refreshment point, the competitors must have the capacity of being autonomous till the next point.

Upon arrival at the finish line there will be another refreshment point as well as an end-of-race meal offered by the local authorities (Pro-LoCo).

On the way there are several rivers and fountains where you can refill your bottles. The runners will bear the cost of any food or beverages purchased along the course outside the refreshment points.

BASE POINTS AND ABANDONMENT

Base points will be set at the start of each leg of the relay race, and they will also serve as refreshment and medical posts. Abandonment of the race is possible from base points as well as at refreshment and check points. The runner who abandons will be taken to the finish line by the organization.

PRIZES

There is no prize money.

The first 10 men and 10 women will receive a prize in kind.

The first 3 Express Teams, both Men's and Women's, will be awarded prizes. The mixed teams will be considered as Men's Teams.

All those who complete the race within the time limit will receive a Finisher's gift.

PHOTO COPYRIGHT

Every competitor relinquishes their claim to photographic copyright during the event. Runners authorize the organization and its partners to use their photos and videos of the race and the events connected to it,

without territorial or time limits.

ACCEPTANCE OF THE REGULATIONS AND OF THE ETHICS OF THE RACE

Taking part in the Tuscany Crossing involves accepting without reservation the current regulations and the ethics of the race.

In case of omissions or mistakes, the final decision or judgment of all the parties involved is taken by the

Director of the race.

For what is not envisaged in the present regulations, the rules of the Italian Sports Associations UISP.

.PROGRAMME

April 27, 2019

4:30 am - Final Briefing

5:30 am - Start of the 103 / 53 km and Relay races from Castiglione D'Orcia.

All the races finish at Castiglione D'Orcia.

