



Regulation of 100 Miglia del Monviso

*This Regulation may be subject to change due to legal provisions related to the Covid-19 pandemic.

ART 1. GENERAL INFORMATION

The Amleto Bertoni Foundation, in cooperation with the Town of Saluzzo, the Parco del Monviso, the Unione Montana Valle Varaita, the Unione Montana dei Comuni del Monviso, the Consorzio del Bacino Imbrifero montano del Po, the Consorzio Bim del Varaita, the Podistica Valle Varaita, the Podistica Valle Infernotto, the Atletica Saluzzo and the U.S. Sanfront, on the 23rd, 24th and 25th July 2021 will organize the first edition of the running event called "Terres Monviso – sports weekend of the Monviso", affiliated with F.I.D.A.L. (approval Fidal Piemonte: n. 7/trail/2021).

ART 2. RACES

The event, that consists of 3 races in total, will take place on 23rd, 24th and 25th July 2021, in a natural environment of the territory of the Terre del Monviso. Each trial will be carried out in one single stage, at free speed, in a limited time:

Friday 23rd July 2021 - 100 Miles del Monviso - 166 km - 8000 meters elevation gain - start at the starting line

Saturday 24th July 2021- Tour Monviso Trail – 43 km - 3000 meters elevation gain - start at the starting line

Sunday 25th July 2021 - Monviso Vertical Race – 3.9 km - 1000 m elevation gain – time trial start

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SPECIFIC REGULATION – 100 MIGLIA DEL MONVISO

ART 3. CONDITIONS OF PARTICIPATION

For this race length, besides the obligation to be at least 20 years old (people born in 2001 and previously will be admitted) and to have a valid medical certificate (see art. 5), participants are strongly recommended:

- to be aware of the length and specific nature of the race and to have adequate preparation;
- to have participated and completed a mountain running race of equal length or over 80 km;
- to have acquired before the race real personal ability to be self-sufficient in the mountains, in order to be able to best manage the problems related to this kind of trial, and in particular:
- to be able to face weather conditions that might become difficult because of altitude (night, wind, cold, fog, rain or snow), without any help;
- to be able to manage, even if isolated, physical or psychological problems due to great tiredness, gastrointestinal problems, muscle or joint pains, little wounds.

Participation in one of the races mentioned in art. 2 implies the unconditional acceptance of this regulation and of F.I.D.A.L. guidelines related to Trial Running races (rule 252).

ART 4. SEMI AUTONOMY

The race is regulated by the principle of semi autonomy.

Semi autonomy is defined as the ability of the participant to move forward autonomously from one refreshment point to the next one, in terms of his/her food and beverage needs, as well as any need deriving from environmental conditions or from adverse events such as physical problems or fatigue.



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It is important for the athlete to be self-sufficient on the race course, knowing however that he/she can refer to different refreshment points for solids and liquids and to two Life Bases that will be indicated in the **Road Book**.

This principle implies that:

- it is compulsory to take along all the material indicated by art. 8 of this Regulation, which is different from race to race;
- refreshment points will be supplied with liquids and solids;
- it is forbidden to be accompanied on the course by a person who is not regularly registered.

However, private assistance within 50 meters from the refreshment stations will be allowed (and in any case within the areas defined by the Organization), provided by one single person who will have to identify in advance with the staff of the refreshment point.

The life base is the place where the athlete can find the bag left to the Organization when he/she was assigned the bib (it is necessary to leave two bags, if you want to have your own material available in both life bases). In the life bases you can find a warm meal, folding beds to rest and medical staff.

ART 5. REGISTRATION CONDITIONS / REFUNDS

REQUIREMENTS FOR THE PARTICIPATION OF ATHLETES REGISTERED IN ITALY

In accordance with the "Guidelines for the organisation of events" issued by FIDAL, the athletes registered in Italy can participate, limited to those aged 20 and over (born in 2001 and previously), if they meet one of the following requirements:

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- Athletes who are registered members for 2021 of sports associations affiliated to FIDAL and are in compliance with the medical examination;
- Athletes who are registered members of a Sports Promotion Organization (Athletics section), by submitting a valid medical fitness certificate for competitive sports, specific for athletics, to be delivered to the organizers;
- Athletes who possess a RUNCARD, MOUNTAIN AND TRAIL RUNCARD (valid as a sports insurance and permit to compete), limited to those aged 20 and over (born in 2001 and previously). Their participation is however subject to:
 - a) the submission of a valid medical fitness certificate for competitive sports specific for athletics, to be shown in original to the organizers and preserved in copy in the records of the Society organizing each event. For foreign non-residents the medical certificate can be issued in their own countries, but the same examinations required by the Italian legislation will have to be carried out: medical examination, complete urine analysis, electrocardiogram at rest and after stress, spirometry;
 - b) verification by the organizers of the validity of the medical fitness certificate for competitive sports specific for athletics, by means of Runcard database;
 - c) verification by the organizers of the validity of the medical fitness certificate for competitive sports specific for athletics, by means of the app downloaded on any electronic device.

REQUIREMENTS FOR THE PARTICIPATION OF ATHLETES NOT REGISTERED IN ITALY

Italian/foreign athletes not registered in Italy can participate, limited to those aged 20 and over (born in 2001 and previously), if they meet one of the following requirements:

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- Athletes who are registered members of clubs affiliated to Foreign Athletics Federations recognized by WA. Alternatively, upon registration they will have to self-certify the possession of the membership card recognized by WA. In any case, the self-certification will have to be signed in original upon collection of the bib.
- Athletes who possess a RUNCARD, a MOUNTAIN AND TRAIL RUNCARD (valid as sports insurance and permit to compete), limited to those aged 20 and over (born in 2001 and previously). Their participation is however subject to:
 - a) the submission of a valid medical fitness certificate for competitive sports specific for athletics, to be shown in original to the organizers and preserved in copy in the records of the Society organizing each event. For foreign non-residents the medical certificate can be issued in their own countries, but the same examinations required by the Italian legislation will have to be carried out: medical examination, complete urine analysis, electrocardiogram at rest and after stress, spirometry.
 - b) verification by the organizers of the validity of the medical fitness certificate for competitive sports specific for athletics, by means of Runcard database;
 - c) verification by the organizers of the validity of the medical certificate of physical fitness for sports activity specific for athletics, by means of the app downloaded on any electronic device.

You have to register online through the WEDOSPORT service, by filling out relevant form in every part through the payment instruments provided by it.

The participation to the 100 Miglia del Monviso race is limited to 300 athletes.

In case the event should not take place due to causes not related to the Organization, the same will take care to refund the registration fee, partially and not totally.

- Cancellation within 15th April 2021 – 70% refund of the registration fee



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- Cancellation within 30th May 2021 – 50% refund of the registration fee
- Cancellation after 30th May 2021 – The Organization reserves the right to decide the amount of the refund on the basis of the costs already incurred.

The Organization reserves the possibility to propose automatic registration to the 2022 event. However, it will not be possible to refund bank or Wedosport platform charges.

Registration is personal and definitive, bib exchanges and/or name replacements are not allowed.

Registration involves acceptance of this Regulation and of safety related communications published on the website or communicated during the briefing before the race start.

Changes of the racing distance will not be possible in any way.

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ART. 6 REGISTRATION FEES

The Amleto Bertoni Foundation, instrumental Body of the Town of Saluzzo, is a non-profit organization; the registration fees paid by the athletes have to be considered as individual contributions of the participants to cover organizational costs.

Registration fees for the year 2021 are as follows:

- Christmas offer from 15/12/2020 to 26/12/2020 – 100 €
- Standard registration from 27/12/2020 to 03/05/2021 – 130 €
- From 04/05/2021 – 160 €

* registration fees include the compulsory rental of a tracker.

Closing date for registration will be Sunday 18th July 2021.

ART 7. COLLECTION OF THE BIB

Every bib will be delivered personally to each participant upon presentation of:

- Identification document complete with a photograph
- Copy of the valid medical certificate (if not yet uploaded/sent)

It will not be allowed to collect bibs by proxy.

The bib must be always clearly visible throughout the duration of the race. Therefore it must be worn on the outermost layer of clothing, and in no case attached to your backpack or leg (this is also meant to facilitate inspection along the course without being stopped). The sponsors must be neither modified nor hidden.

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ART 8. EQUIPMENT MATERIAL

The equipment material indicated below must be completed on the basis of individual needs.

Note: Depending on weather conditions, the list of mandatory equipment may change and will be communicated to the athletes to their e-mail address indicated at registration.

Mandatory equipment:

- Basic clothing for trail running, suitable for temperatures;
- Gloves, cap or bandana or buff;
- Trousers + tights covering the whole leg;
- Backpack;
- Mobile phone with coverage for Italy and France with the Organization's emergency numbers inside; keep your mobile always on, do not hide your number, start with the battery charged and the mobile in low-power mode, so as to guarantee that the battery charge will last during the whole race – you must report your personal cell number to the Organization;
- Personal glass of 15 ml minimum (excluding water bottles and camel bags);
Water bottles or camel bags with 1 litre water reserve at least;
- Fully operating headlamp with spare battery/batteries
- Thermal blanket (min. 1,4 m x 2 m);
- Whistle;
- Rain jacket with a hood (rainproof like Goretex or similar and breathable, with welded seams, with no parts exposed or not being waterproof).

Recommended equipment:

- Running poles (they cannot be used at the French passage from Colle delle Traversette/ Buco di Viso to Passo Vallanta);
- Waterproof overtrousers;

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- Additional warm layer with long sleeves + light windbreaker with sleeves;
- Waterproof gloves or glove covers (latex gloves are accepted);
- Spare clothing;
- Food supplies.

ART 9. START OF THE RACE/SCHEDULE

The race will start at **9.00 p.m. on Friday 23rd July 2021 in Saluzzo.**

Each athlete is required to check his/her email address entered upon registration, during the days before the event at least once a day.

ART 10. RACE COURSE

The course will stretch mainly on dirt tracks, white roads. Participants will have to follow strictly the racing course signalled by road signs, a red ribbon, little flags and reflective strips for the night-time race, as well as the GPX track. Moving away from the official path will be exclusively at the participant's own risk, besides involving disqualification from the order of arrival.

ART 11. ENVIRONMENT

Participants will have to behave respectfully towards the environment. The event will take place inside a Regional park. Whoever is caught leaving garbage along the path will be disqualified from the race and will incur penalties provided for by Municipal regulations.

ART 12. WEATHER

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The race will take place in any weather condition. In case of severe weather conditions (heavy storms, fog, etc.) the Organization reserves the right to make changes to the course, even at the last minute, in order to eliminate possible dangers or very uncomfortable conditions for the participants. Possible changes will be communicated to the participants and reported by those in charge.

The new system **METEO MONVISO** will be operating for the athletes and accessible while approaching the race date.

ART 13. SAFETY, INSURANCE, MEDICAL ASSISTANCE

Along the route there will be people in charge from the Organization and different rescue points, connected by radio or telephone to the Race Direction located in the premises of the Amleto Bertoni Foundation in Saluzzo; at the operational base of Saluzzo and along the race course there will be ambulances, the civil protection and a team of doctors during the whole period of the races.

Any runner who gets injured or in trouble may call for rescue:

- by going to a refreshment point or a life base
- by asking to another runner to call for rescue
- by calling the Organization

Any runner who should notice people in difficulty must promptly call the emergency number printed on the bib and alert the rescue service.

Should the phone number of the Organization be unavailable for any reason, call the 112.

In compliance with the current emergency legislation the runner must not intervene directly.

Due to the weather and race conditions an athlete may have to wait for rescue longer than he would expect.



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Safety of the athlete during the waiting time will depend on his/her correct behaviour and on the quality of the material worn or available in the backpack.

A competitor requiring the intervention of the rescue service or of a doctor will submit to their authority and accept their decisions.

A competitor in need of medical care, such as IV drips or injections, will be automatically excluded from the race.

On the advice of the rescue personnel and to its own unquestionable judgement, the Race Organization can

- exclude from the race any participant that is considered unable to continue safely
- evacuate with any method a participant that is considered in danger
- hospitalize a participant, if judged necessary by the doctor.

All runners must remain on tracked paths. The runner who runs away deliberately from marked paths is no longer subject to the responsibility of the Organization.

It is recommended to all participants to have their own insurance against injuries for the whole duration of the race. All expenses due to evacuation with technical means: helicopter/air ambulance/mountain rescue etc. have to be paid by the participant. The participant can request a refund to his own insurance later on.

In any case participation to the trial will take place under the full responsibility of individual competitors who will renounce upon registration to any appeal and/or action against the organizers and the Organization, in case of death and/or any damages to themselves, others or things, as well as in case of further consequences that might arise following the race.



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ART 14. REFRESHMENT AND CHECK POINTS

Some unannounced spot checkpoints will be set up along the path, where the Organization's staff will monitor the passage of the athletes. Their passage will also be checked at each refreshment point. Only the athletes wearing a clearly visible bib will be allowed to enter refreshment points.

A Road Book will be supplied to each athlete, containing the details of the race course, including the location of refreshment points and life bases.

In every refreshment point participants will find solids and liquids, water and salts.

The presence of the mandatory equipment may be checked at the checkpoints or spot-checked along the course or at the end of the race.

ART 15. MAXIMUM TIME

The maximum time limit allowed to conclude the races is **44 hours**.

The time gates to be respected along the race course are the following:

- Crissolo, 65 km, 19 h
- Buco di Viso, 76 km, 23 h
- Casteldelfino, 100 km, 28 h
- Brossasco, 138 km, 36 h

Any competitor who cannot keep pace with the end of race service (sweep service) will be taken to the first refreshment point and here excluded from the competition.

ART 16. CHANGES TO THE RACE COURSE, TO THE SCHEDULE, CANCELLATION OF THE RACE



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The Organization reserves the right to change the course and the location of rescue and refreshment points at any time. In case of adverse weather conditions (like for instance thick fog, snow, heavy storm, etc.) that could endanger the safety of the participants, the Organization to its unquestionable judgement can postpone or cancel the race start and/or change and/or reduce the race course and/or modify the barriers and/or interrupt the race in any point of the track. Suspension or cancellation of the race will not entitle the participants to any refund of the registration fee.

ART 17. WITHDRAWAL

Except for cases of force majeure, the runner can drop out of the race only at a checkpoint. He/She must then inform the person in charge who will invalidate the bib. The runner must keep the invalidated bib.

To go back to Saluzzo, the runners who have dropped out of the race will find transport means of the Organization at the withdrawal points.

ART 18. AWARDS

The first 10 men and the first 10 women who have completed each trial will receive their awards.

The awards ceremony will take place in Saluzzo on Sunday 25th July 2021 from 3.00 p.m.

ART 19. SIGNALLING OF THE PATHS

To make them visible at night, the signs will be equipped with reflective material that reflects the headlamp light. To respect the environment, removable signs will be used, made up of strips, arrows



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and eco-friendly painting that disappears within a few days. It is mandatory (under penalty of disqualification) to follow exclusively the pathways marked, without taking shortcuts, in order to avoid soil erosion.

ART 20. MEALS

A buffet service will be provided (Pasta Party) at the end of the race and will be guaranteed until the arrival of the last participant.

ART 21. DECLARATION OF RESPONSIBILITY

Participation to the race will take place under full responsibility of the competitor who upon registration will exempt the organizers from any liability, both civil and penal, for damages to people and/or things caused by him/her or deriving from him/her, and for further consequences arising consequently to the race. In order to complete his/her online registration, the runner will have to sign a liability waiver.

Participants commit to comply with the rules established by the Highway Code Legislative Decree 30th April 1992, n. 285 and subsequent amendments and integrations, and with FIDAL rules.

ART 22. IMAGE RIGHTS

By completing their registration:

competitors authorize the Organization to make free use of still and moving images showing them during their participation to the event, with no time and territorial limits.

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Each competitor expressly waives to make use of image rights during the trial, as well as to make any appeal and/or action at any site against the Organization, its members, its entrusted partners, for using his/her image.

ART 23. PENALTIES

To the unquestionable judgement of the Race Direction an athlete may be disqualified in case even just one of the following situations should occur:

- Shortcutting the path marked or failure to pass through a checkpoint;
- Lack of the mandatory equipment required;
- Leaving any type of waste on the path, outside the refreshment areas;
- Insults or menaces to organizers or volunteers;
- Use of transport means during the race;
- Failing to aid a participant in difficulty.

Any complaints may be submitted to the Organization of the race within 6.00 p.m. of Sunday 25th July 2021 with a deposit of € 50,00 (cash and not refundable if the complaint is not accepted). In line with the trail spirit, however we feel confident in the utmost fairness of the athletes.

ART 24. CONTACTS

For further information contact Vallome Luigi (3458122714 - info@100migliamonviso.eu) or Dellacroce Alberto (3498357091 - Comunicazione@100migliamonviso.eu).

Reference company: Pod Valle Varaita - CN007

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