



## Monviso Trail regulation

version 1, 26/11/2023

\*This regulation may be subject to changes. A periodic check of the official regulations published on the website [www.100migliamonviso.eu](http://www.100migliamonviso.eu) is recommended

### ART 1. GENERAL INFORMATION

The Amleto Bertoni Foundation, in collaboration with the Municipality of Saluzzo, the Monviso Park, the Unione Montana Valle Varaita, the Montana Union of the Municipalities of Monviso, the Consortium of the Po montano Imbrifero Basin, the Bim del Varaita Consortium, the Running Valle Varaita, Running Valle Infernotto, Athletics Saluzzo and the U.S. Sanfront, organizes the third edition of the running event called "Terres Monviso - 100 Miglia Monviso", affiliated with F.I.D.A.L.

### ART 2. EVENTS

The event, which offers a total of 3 events, will take place on 21, 22 and 23 July 2023 and on 27 August 2023 in a natural environment in the territory of the Terre del Monviso. Each test takes place in a single stage, at free speed, in limited time:

Friday 21st July 2023 - 100 Miglia Monviso - 160 km - 8000 meters of elevation gain - Saluzzo-Saluzzo

Saturday 22nd July 2023 - Monviso 60k - 60 km - 3000 meters of elevation gain - Paesana-Saluzzo

Sunday 27th August 2023 - Monviso Trail - 25.5 km - 1900 meters of elevation gain - Crissolo-Crissolo

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## SPECIFIC REGULATION - Monviso Trail

### ART 3. CONDITIONS OF PARTICIPATION

Since this is a long-lasting sporting event that takes place in mountain areas with significant uphill and downhill gradients and with relevant technical characteristics, adequate physical preparation is required.

In addition to the obligation to be 20 years old (those born in 2003 and earlier are admitted) and to be in possession of a regular medical certificate (see Article 5), it is strongly recommended to:

- be aware of the length and specificity of the race and have adequate preparation;
- have acquired, before the race, a real capacity for personal autonomy in the mountains to be able to better manage the problems related to this type of test and in particular:
- knowing how to face alone, without help, climatic conditions that could become difficult due to the altitude (wind, cold, fog, rain or snow);
- being able to manage, even if you are isolated, the physical or psychological problems due to great fatigue, gastrointestinal problems, muscle or joint pain, small wounds ...

*Participation in one of the events referred to in art. 2 implies the unreserved acceptance of this regulation and the F.I.D.A.L. Inherent in Trail 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 member to proceed autonomously between a refreshment point and another for what concerns his food and liquid needs, as well as the needs that derive from environmental conditions or from unfavorable events such as problems physical or fatigue. It is important for the athlete to be autonomous in the race course, knowing that he can, however, refer to various solid and liquid refreshment points along the course.

This principle implies that:

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- it is mandatory to bring with you all the material, different from race to race, indicated in art. 8 of these Regulations;
- the 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.

## **ART 5. METHOD OF REGISTRATION / REFUNDS REQUIREMENTS FOR PARTICIPATION ATHLETES REGISTERED IN ITALY**

Based on the provisions of the "Rules for the organization of events" issued by FIDAL, athletes registered in Italy can participate limited to people from 20 years onwards (born in 2003 and earlier) in possession of one of the following requirements:

- Athletes registered for 2023 for clubs affiliated with FIDAL and in good standing with the medical examination;
- Athletes registered with a Sports Promotion Body (Athletics Section), by presenting a valid medical certificate of specific competitive fitness for athletics, which must be delivered to the organizers;
- Athletes in possession of RUNCARD, MOUNTAIN AND TRAIL RUNCARD, (valid as sports insurance and permission to compete), limited to people from 20 years onwards (born in 2002 and earlier). Participation is in any case subject to:
  - a) upon presentation of a valid medical certificate of specific competitive fitness for athletics, which must be shown to the organizers in original and kept, in copy, in the records of the organizing company of each event. The medical certificate for non-resident foreigners can be issued in one's own country, but the same tests required by Italian law must have been carried out: medical examination; complete urinalysis; electrocardiogram at rest and after exertion; spirometry;
  - b) verification by the organizer of the validity of a medical certificate of specific competitive fitness for athletics through the Runcard database.

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- c) verification by the organizer of the validity of a medical certificate of specific competitive fitness for athletics through the app downloaded on any electronic medium.

### **PARTICIPATION REQUIREMENTS FOR ATHLETES NOT REGISTERED IN ITALY**

Italian / foreign athletes not registered in Italy can participate, limited to people from 20 years onwards (born in 2003 and earlier) in possession of one of the following requirements:

- Athletes with club card affiliated to Foreign Athletics Federations recognized by the WA. Upon registration, they must alternatively present the self-certification of possession of the card recognized by the WA. The self-certification will then, in any case, be signed in original upon collection of the bib;
- Athletes in possession of RUNCARD, MOUNTAIN AND TRAIL RUNCARD, (valid as sports insurance and permission to compete), limited to people from 20 years onwards (born in 2003 and earlier). Participation is in any case subject to:
  - a) upon presentation of a valid medical certificate of specific competitive fitness for athletics, which must be shown to the organizers in original and kept, in copy, in the records of the organizing company of each event. The medical certificate for non-resident foreigners can be issued in one's own country, but the same tests required by Italian law must have been carried out: medical examination; complete urinalysis; electrocardiogram at rest and after exertion; spirometry.
  - b) verification by the organizer of the validity of a medical certificate of specific competitive fitness for athletics through the Runcard database.
  - c) verification by the organizer of the validity of a medical certificate of specific competitive fitness for athletics through the app downloaded on any electronic medium.

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Registration must be done online through the WEDOSPORT service by filling out the appropriate form in its entirety through the payment instruments provided by it.

Participation in the Monviso Trail race is limited to 300 athletes.

In case of non-performance of the event for reasons not related to the Organization, it will be the responsibility of the same to proceed with a partial and not total reimbursement of the registration.

- Cancellation by April 15, 2023 - Return of 70% of the registration
- Cancellation by May 30, 2023 - Return of 50% of the registration
- Cancellation after 30 May 2023 - The organization reserves the right to decide the reimbursement fee based on the expenses already incurred.

The organization reserves the right to propose automatic registration for the 2023 event

In any case, it will not be possible to refund bank or Wedosport platform fees.

Registration is personal and definitive, bib numbers and / or name changes are not allowed.

Registration implies acceptance of these Regulations and safety communications published on the site or communicated during the briefing before departure.

No distance changes will be possible in any way.



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## ART. 6 REGISTRATION FEES

The Amleto Bertoni Foundation - Instrumental Body of the Municipality of Saluzzo is a non-profit organization; the registration fees to be paid by the athletes must be understood as individual contributions from the competitors to cover organizational costs.

### The registration fees for the year 2023 are as follows:

- Promo registration from 01/12/2022 to 31/12/2022 - 25 €
- From 01/01/2023 to 30/04/2023 - 30€
- From 01/05/2023 - 35 €

Registrations will close on Sunday 20/08/2023.

No registrations will be made on the day of the race.

## ART 7. BIB WITHDRAWAL

Each bib will be delivered individually to each competitor upon presentation of:

- Identification document with photo
- Copy of valid medical certificate (if not already uploaded / sent)

It will not be possible to collect bibs by proxy.

The bib must always be visible for the entire duration of the race. It must therefore be positioned over all clothing and in no case fixed on the bag or on a leg (this also to facilitate checks on the course without being stopped). Sponsors must not be modified or hidden.

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## ART 8. MATERIAL

The material indicated must be integrated according to individual needs.

Note: based on the weather forecast, it will be possible to change the mandatory material that will be communicated to the athletes by means of the e-mail address indicated during registration.

### Mandatory equipment:

- basic trail running clothing suitable for temperatures;
- gloves, hat or bandana or buff;
- backpack;
- mobile phone with coverage with the Organization's emergency numbers entered; keep the phone always on, do not mask the number and start with the battery charged and the phone in low consumption mode to ensure battery life throughout the race - the personal phone number must be communicated to the organization;
- personal glass of 15 cl minimum (bottles and camel bags excluded);
- water bottles or Camel Bags with a water reserve of at least 1 liter;
- Thermal blanket (min 1.4m x 2m);
- Whistle;
- waterproof jacket with hood (Goretex type rainproof or similar and breathable, welded seams, no exposed or non-waterproof parts).

### Recommended equipment:

- sticks
- waterproof overtrousers;
- additional warm long sleeve layer + light windproof with sleeves;
- Waterproof gloves or overgloves (latex gloves are accepted);
- Spare clothing;

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- Food supplies.

### **ART 9. DEPARTURES / TIMES**

The start of the race will be at **8.00 am on Sunday 27th August 2023 in Crissolo (at the departure of the chairlift, Via Ruata).**

Each athlete is required, in the days preceding the event, to check the mailbox, entered during the registration phase, at least once a day.

### **ART 10. ROUTE**

The route develops on dirt paths, dirt roads and stony ground. Competitors must strictly respect the race course, marked with signs, flags as well as the GPX track. The removal from the official track, in addition to leading to disqualification from the order of arrival, will take place at the sole risk and peril of the competitor.

### **ART 11. ENVIRONMENT**

Competitors must behave respectfully for the environment. The event takes place within a Regional Park. Anyone surprised to abandon waste along the route will be disqualified from the race and will incur any penalties provided for by municipal regulations.

### **ART 12. WEATHER**

The race will take place in all weather conditions. In the event of important weather phenomena (strong storms, fog, etc.), the organization reserves the right to make changes to the route even at the last minute in order to eliminate any dangers or conditions of severe discomfort for the participants. Any changes will be communicated to the participants and reported by the staff.

The new METEO MONVISO system will be active for athletes, which can be consulted for approaching the race

### **ART 13. SAFETY, INSURANCE, MEDICAL ASSISTANCE**

Organization staff will be present on the route and various rescue points will be set up connected by

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radio or telephone with the race direction which will be based in Piazza Cavour in Saluzzo; at the base of Saluzzo and on the route there will be ambulances, civil protection and a team of doctors throughout the duration of the races.

Any runner injured or in difficulty can call for help:

- showing up at a refreshment point or life base
- asking another runner to call for help
- by calling the organization

Each runner, in the event that he detects the presence of people in difficulty, must promptly call the emergency number imprinted on the bib and notify the emergency services

If for some reason the organization number is not reachable, call 112

In order to comply with the existing emergency legislation, it must not intervene directly.

The environmental and running conditions can make rescue wait longer than an athlete expects.

The safety of the athlete, in the waiting time, will depend on his correct behavior and on the quality of the material worn or available in the backpack.

A competitor who requests the intervention of the rescue or a doctor submits to their authority and accepts their decisions.

A competitor who needs medical treatment such as drips or injections will be automatically excluded from the continuation of the race.

The race direction, on the recommendation of the rescue personnel, may at its sole discretion:

- Exclude from the race any participant considered unable to continue safely
- Evacuate by any method a participant considered to be in danger
- Hospitalize each participant if deemed necessary by the physician

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All competitors must remain on the marked trails. The competitor who voluntarily departs from the marked trails is no longer under the responsibility of the Organization.

Each competitor is advised to have their own accident insurance for the duration of the competition. The costs of any evacuations by technical means: helicopter / air ambulance / mountain rescue etc ... are borne by the participant. The participant can later make a claim against his own insurance.

Participation in the test takes place, in any case, under the full responsibility of the individual competitors, who, with their registration, renounce any recourse and / or action against the organizers and the organization in the event of death and / or damage deriving from himself, others or things as well as in the event of further consequences that arise following the tender.

#### **ART 14. CONTROL AND SUPPLY POINTS**

Surprise checkpoints will be set up along the route, where organization staff will monitor the passage of athletes. The passage of the athletes will also be checked at the individual refueling points. Only athletes with clearly visible bibs will be allowed access to the refreshment points.

Each athlete will be provided with a Road Book containing the details of the course including the location of the refreshment points.

In each refreshment point there will be solids and liquids, water and salts.

The compulsory material can be checked at checkpoints or by surprise along the route or at the end of the race.

#### **ART 15. MAXIMUM TIME**

The maximum time to complete the tests is set **at 8 hours**.

The only time gate is at Lake Chiaretto (km 12) set **at 4 hours**.

Any competitor who fails to keep up with the end-of-race service (broom) will be accompanied to the first refreshment point and here excluded from the competition.

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## **ART 16. CHANGES TO THE COURSE, TIMETABLES, CANCELLATION OF THE RACE**

The organization reserves the right to change the route and location of the rescue and refreshment posts at any time. In the event of adverse weather conditions (for example dense fog, snow, heavy storms, etc.) and such as to jeopardize the safety of the competitors, the organization may, at its sole discretion, postpone or cancel the start and / or modify and / o reduce the routes and / or modify the barriers and / or stop the race at any point on the track. The suspension or cancellation of the race will not entitle the competitors to any refund of the registration fee.

## **ART 17. WITHDRAWALS**

Except in case of force majeure, the competitor must abandon the race only at a checkpoint. He must therefore notify the authorized person, who invalidates the bib. The runner must keep his canceled bib.

## **ART 18. RACE PACKAGE**

Each athlete will be given, upon collection of the bib, a race pack containing technical and food products.

## **ART 19. AWARDS**

The first 10 men and the first 10 women will be awarded, who will complete each competition.

The awards will be held when the competition is over.

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## ART 20. ROUTE SIGNALING

To respect the environment, removable signage will be used consisting of ribbons, arrows and ecological paint that disappears within a few days. It is mandatory (under penalty of disqualification) to follow only the marked trails, without shortcuts to avoid the erosion of the sites.

## ART 21. MEALS

There will be a refreshment service at the end of the competition which will be guaranteed until the arrival of the last competitor.

## ART 22. DECLARATION OF LIABILITY

Participation takes place under the full responsibility of the competitors who, by registering, exonerate the organizers from any liability, both civil and criminal, for damage to persons and / or property caused by him or derived from him. and of further consequences that arise after the race. At the time of online registration, in order to complete the registration, the runner signs a release of liability.

Participants undertake to respect the FIDAL regulations.

## ART 23. IMAGE RIGHTS

By completing the registration:

Competitors authorize the organization to use free, without territorial and time limits, still and moving images that portray them during participation in the event.

Each competitor expressly renounces to make use of the rights to the image during the test as well as to any recourse and / or action, in any location, against the organization, its members and its authorized partners, for the use made of its image.

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## ART 24. PENALTIES

An athlete may, at the sole discretion of the competition management, be disqualified if even one of the following situations occurs:

- Cutting of the marked route, or failure to pass a control point;
- Lack of required mandatory material;
- Abandonment of any type of waste on the route, outside the refueling areas;
- Insults or threats to organizers or volunteers;
- Use of means of transport in the race;
- Failure to help a competitor in difficulty.

Any complaints may be presented to the Organization in accordance with the provisions of Article 13 of the ACTIVITY RULES 2023 by 6.00 pm on Sunday 21 August 2023 with a deposit of € 50.00 (in cash and non-returnable if the complaint is not accepted). In tune with the trail spirit, however, complete fairness on the part of the athletes is hoped for.

## ART 25. CONTACTS

For further information contact Vallome Luigi (3458122714 - [info@100migliamonviso.eu](mailto:info@100migliamonviso.eu)) or Dellacroce Alberto (3498357091 - [comunicazione@100migliamonviso.eu](mailto:comunicazione@100migliamonviso.eu)).

Reference company: Pod Valle Infernotto - CN028

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## Information on the processing of personal data

Pursuant to art. 13 and 14 of EU Regulation 2016/679 of 04/27/2016, hereinafter referred to as GDPR, we inform you of the following: DATA CONTROLLER AND CO-HOLDER OF THE TREATMENT The data controller is Fondazione Amleto Bertoni - Città di Saluzzo, with registered office in Saluzzo (CN), Piazza Montebello 1, VAT number 02681150047, tel. 0175 43527, e-mail [info@fondazionebertoni.it](mailto:info@fondazionebertoni.it).

The Amleto Bertoni Foundation has proceeded to appoint a data protection officer (DPO) who can be contacted at the email address [dpo@aesseservizi.eu](mailto:dpo@aesseservizi.eu) or at the telephone number 0171 451725 or by writing to "ENBIENTE SICURO SERVIZI Cooperative Society, Data Protection Officer , in Via Cascina Colombaro 56 12100 CUNEO ".

ASD Atletica Saluzzo and ASD Podistica Valle Varaita are joint data controllers pursuant to art. 26 of the GDPR.

### PURPOSE OF THE PROCESSING AND CONSEQUENCES OF ANY REFUSAL TO PROVIDE PERSONAL DATA

Personal data will be processed exclusively to allow your registration and verification of possession of the necessary requirements to participate in the 100 Miglia Monviso 2023. In particular, the following personal data will be collected: SURNAME, NAME, RUNCARD N °, MAIL ADDRESS, AMOUNT PAID, MEDICAL CERTIFICATE. The data of a particular nature, concerning the state of health, contained in the medical certificate will be processed in order to verify its suitability to participate in the competition. The processing of personal data for the aforementioned purposes does not require your express consent (Article 6 letter b) and e) of the GDPR). Your refusal, even partial, to provide the requested personal data will make it impossible for the data controller to establish and manage the relationship itself and / or to provide the requested service. As part of the event, it is possible that images, audio and / or video footage may be taken for dissemination or institutional communication purposes. In this case, your explicit consent is not required, as these activities can be assimilated to temporary treatments aimed at the occasional publication of articles, essays and other manifestations of thought. In this case, the provisions on journalistic activity are applied to the same, without prejudice, in any case, to the limits on the right to report placed to protect confidentiality, as well as the observance of the code of ethics for journalistic activity and the right of the interested party. to oppose, for legitimate reasons, its dissemination.

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## DATA PROCESSING METHOD

The processing of personal data is carried out by means of electronic or in any case automated tools, in compliance with current legislation in particular regarding confidentiality and security and in compliance with the principles of correctness, lawfulness and transparency and protection of the rights of the interested parties. The processing is carried out directly by the organization of the owner, the joint owners, their managers and / or designated subjects. If you have not registered through one of the affiliated sales points, your details have been communicated to us by the sports association with which you are registered or by FIDAL, if you have chosen to register online.

## COMMUNICATION AND DIFFUSION

Your personal data may be communicated, within the limits strictly relevant to the obligations, tasks and purposes referred to above and in compliance with current legislation on the subject, to the following categories of subjects: • Subjects to whom such communication must be made in order to fulfill or to demand the fulfillment of specific obligations established by laws, regulations and / or community legislation; Personal data will not be disseminated in any way.

## PERIOD OF STORAGE OF PERSONAL DATA

Personal data will be kept until the pursued purpose is achieved. A copy of the medical certificate will be kept by ASD Atletica Saluzzo for 5 years, pursuant to Article 5 of the Ministerial Decree 18/02/1982.

## TRANSFER OF DATA

Personal data is stored on servers located within the European Union.

## RIGHTS OF THE INTERESTED PARTY

In your capacity as an interested party, you have the rights referred to in Articles. 15 and ss. of the GDPR and precisely the rights to: 1. Obtain confirmation from the data controller that personal data concerning him or her is being processed and in this case, to obtain access to personal data and the following information: . the purposes of the processing; b. the categories of personal data in question; c. the recipients or categories of recipients to whom the personal data have been or will be disclosed, in particular if they are recipients of third countries or international organizations; d. when possible, the retention period of the personal data provided or, if not possible, the criteria used to determine this period; And. the existence of the right of the interested party to ask the data controller to rectify or delete personal data or limit the processing of personal data concerning him or to oppose their treatment; f. the right to lodge a complaint with a supervisory authority; g. if the data is not collected

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from the data subject, all the information available on their origin; h. the existence of an automated decision-making process, including the profiling referred to in Article 22, paragraphs 1 and 4, and, at least in such cases, significant information on the logic used, as well as the importance and expected consequences of such processing for the 'interested. 2. Be informed of the existence of adequate guarantees pursuant to Article 46 relating to the transfer, if personal data are transferred to a third country or to an international organization; 3. Receive, upon request, a copy of the personal data being processed by the data controller. In the event of further copies requested by the interested party, the data controller may charge a reasonable fee based on administrative costs. If the interested party submits the request by electronic means, and unless otherwise indicated by the interested party, the information is provided in a commonly used electronic format. This right must not affect the rights and freedoms of others. To exercise your rights or for questions or information regarding the processing of your data and the security measures adopted, you can write to [stampa@fondazionebertoni.it](mailto:stampa@fondazionebertoni.it)

Saluzzo, 26.11.2022

The Data Controller The President of the A. Bertoni Foundation - City of Saluzzo

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